

# Baked Custard Oatmeal

## Baked Custard Oatmeal



Serves 4

Blue – 4

Purple – 2

Green – 4

- 2 cups cooked oatmeal
- 1 1/2 cups 1% cottage cheese
- 2 eggs
- 1 cup unsweetened almond or cashew milk
- 1/2 cup Lakanto monkfruit or your favorite sweetener (add points in applicable)
- 1/2 tsp cinnamon
- 1/8 tsp cardamom
- 1/2 tsp vanilla
- 1/2 tsp almond extract

1. Preheat oven to 325
2. Spray a 9×9 baking dish with non stick spray
3. In a large bowl, blend oatmeal, cottage cheese, eggs, milk, sugar, cinnamon, cardamom, vanilla extract and almond extract with an electric mixer until smooth.
4. Pour batter into prepared dish and bake for approximately 1 hour-1 hour 10 minutes. \*start checking

after 45 minutes\*

5. Serve warm or room temp.